



SEPTEMBER 2019

National City George H Waters
 AT THE MLK (TEMPORARY LOCATION)
 140 E. 12TH STREET- National City, CA 91950
 (619) 336-4261 MARTHA / 336-4260 INGRID



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CLOSED 	3) SAUCY PORK CHOPS BAKED BEANS BRUSSELS SPROUTS CALIFORNIA PASTA SALAD MILK	4) HAMBURGER STEAK * W/ ONIONS & GRAVY  MASHED POTATOES BUTTERY CORN LIME GELATIN SALAD STRAWBERRIES & CREAM MILK	5) OVEN BAKED TURKEY*  BAKED YAMS TRIO VEGETABLES CRANBERRY NUT SALAD VANILLA ICE CREAM MILK	6) CATCH OF THE DAY RICE PILAF BROCCOLI CALICO COLESLAW MANDRIN ORANGES MILK
9) PORK CHOP W/ DARK GRAVY MAC & CHEESSE STEAMED BROCCOLI SPINACH SALAD APPLESAUCE W/ CINNAMON MILK	10) BEEF BRISKET POT ROAST* AU-GRATIN POTATOES PEAS & CARROTS CAESAR SALAD FRESH BANANA MILK	11) ROAST TURKEY W/ STUFFING* MASHED POTATOES GREEN BEANS ALMONDNE CRANBERRY NORANGE NUT SALAD MILK	12) CHICKEN APRETADA  STEAM BROWN RICE FRIED CABBAGE TOSSED CABBAGE CHERRY CRISP MILK	13) CATCH OF THE DAY SAFFRON RICE ASIAN STYLE VEGETABLES CAESAR SALAD HONEYDEW MELON MILK
16) SPAGHETTI & ITALIAN SAUSAGE* WHOLE WHEAT PASTA ITALIAN GREEN BEANS TOMATO BASIL SALAD FRESH GRAPES MILK	17) ROAST BEEF  MASHED POTATOES CALIFORNIA MIXED VEGGIES GREEN SALAD WATERMELON MILK	18) PORK TENDERLOIN w/ SEASONED RUB* BAKED BEANS STEAMED BROCCOLI CARROT SALAD FRUITED GELATIN MILK	19) BBQ BAKED CHICKEN*  STEAK FRIES GRILLED VEGGIES COLESLAW STRAWBERRY SHORTCAKE MILK	20) CATCH OF THE DAY BARLEY PILAF OREGON BEAN MEDLEY TOMATO & ROMAINE SALAD PEACH MELBA MILK
23) SWEDISH MEATBALLS*  WHOLE GRAIN NOODLES PEAS & CARROTS TOSSED GREEN SALAD ORANGE SMILES MILK	24) CLASSIC BAKED CHICKEN  AU-GRATIN POTATOES TUSCAN VEGETABLES TROPICAL FRUIT SALAD CHOCOLATE PUDDING MILK	25) BAKED PORK CHOP IN GRAVY* YELLOW INFUSED RICE MIXED VEGETABLES TOMATO BASIL SALAD BANANA MILK	26) LASAGNA BOLOGNESE* ITALIAN BLEND ANTI PASTA SALAD FRESH GRAPES LEMON ICE MILK	27) CATCH OF THE DAY BARLEY PILAF SWEET & SOUR VEGGIES AMBROSIA SALAD CHOCHOLATE CAKE MILK
30) LEMON CHICKEN OVER BOK CHOY STEAMED BROWN RICE SCANDINAVIAN VEGGIES FRUIT SALAD LEMON TART MILK		Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk * = ≥1,000 MG SODIUM PER MEAL	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M	WHOLE GRAINS OR POPCORN INCLUDED DAILY 

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.